

FACT SHEET

TETRACHLOROETHENE (PERC) IN INDOOR AND OUTDOOR AIR

MAY, 2003

This fact sheet answers a few questions about a chemical called tetrachloroethene (PERC), which is widely used to dry-clean clothes. It provides information on health effects seen in humans and animals exposed to PERC in air. It also provides information about the New York State Department of Health (NYSDOH) guideline of 100 micrograms of PERC per cubic meter of air (100 mcg/m³) or 0.1 milligrams of PERC per cubic meter of air (0.1 mg/m³). The fact sheet focuses on the health risks from air exposures because most of the PERC released into the environment goes into air.

Prepared by

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1. WHAT IS TETRACHLOROETHENE (PERC)?

Tetrachloroethene is a manufactured chemical that is widely used in the dry-cleaning of fabrics, including clothes. It is also used for degreasing metal parts and in manufacturing other chemicals. Tetrachloroethene is found in consumer products, including some paint and spot removers, water repellents, brake and wood cleaners, glues, and suede protectors. Other names for tetrachloroethene include PERC, tetrachloroethylene, perchloroethylene, and PCE. PERC is a commonly used name and will be used in the rest of the fact sheet.

PERC is a nonflammable, colorless liquid at room temperature. It readily evaporates into air and has an ether-like odor. Because most people stop noticing the odor of PERC in air after a short time, odor is not a reliable warning signal of PERC exposure.

2. HOW CAN I BE EXPOSED TO PERC?

People are exposed to PERC in air, water, and food. Exposure can also occur when PERC or material containing PERC (for example, soil) gets on the skin. For most people, almost all exposure is from PERC in air.

PERC gets into outdoor and indoor air by evaporation from industrial or dry-cleaning operations and from areas where chemical wastes are stored or disposed. Groundwater near these areas may become contaminated if PERC is improperly dumped or leaks into the ground. People may be exposed if they drink the contaminated water. They may also be exposed if PERC evaporates from contaminated drinking water into indoor air during cooking and washing. PERC may evaporate from contaminated groundwater and soil and into the indoor air of buildings above the contaminated area. PERC also may evaporate from dry-cleaned clothes and into indoor air or may get into indoor air after PERC-products, such as spot removers, are used. Indoor air PERC levels may get high if PERC-products are used in poorly ventilated areas.

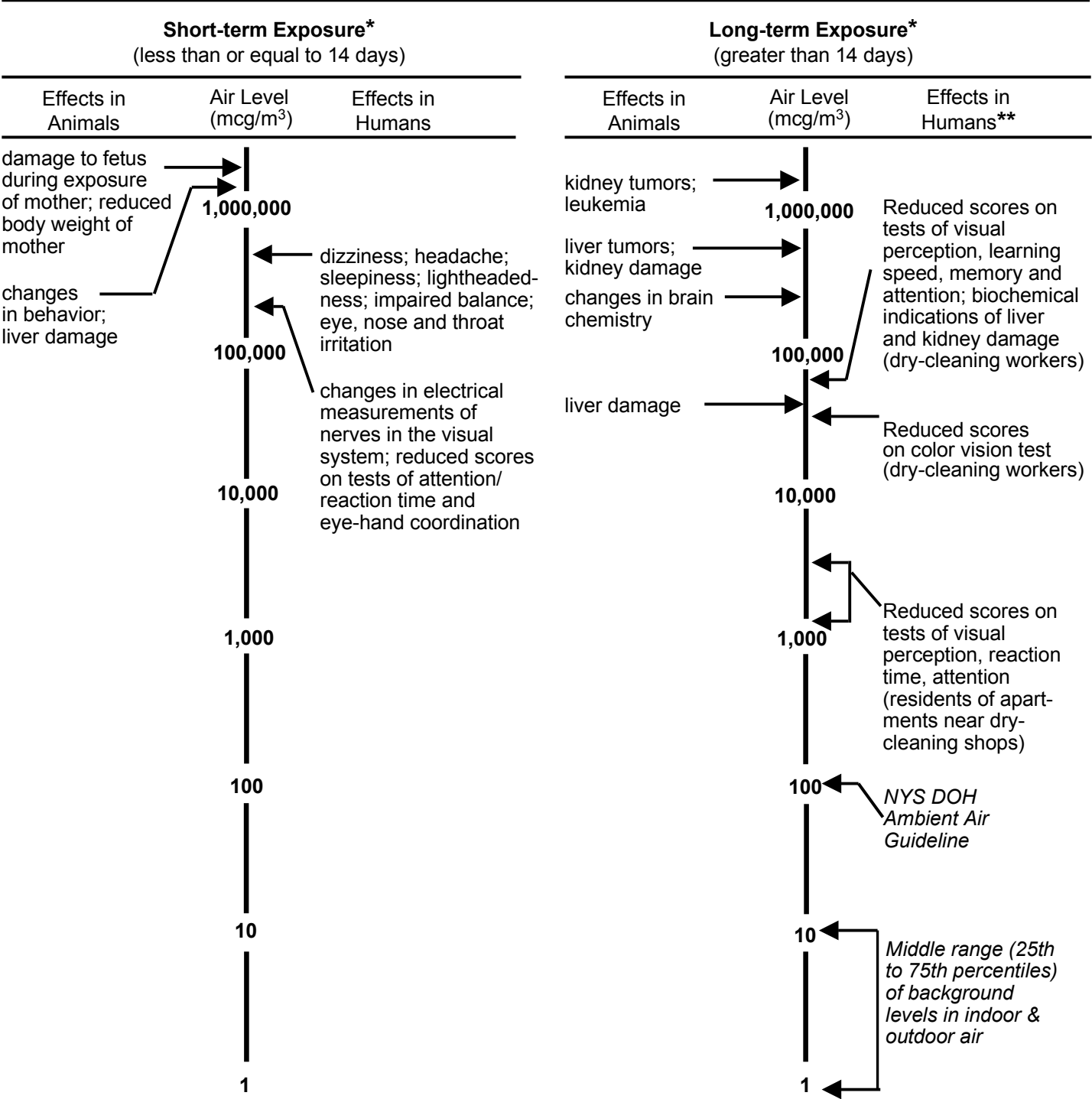
3. HOW DOES PERC ENTER AND LEAVE MY BODY?

When people breathe air containing PERC, the PERC is taken into the body through the lungs and passed into the blood, which carries it to all parts of the body. A large fraction of this PERC is breathed out, unchanged, through the lungs into the air. Some of this PERC is stored in the body (for example, in fat, liver, and brain) and some is broken down in the liver to other compounds and eliminated in urine. PERC can also be found in breastmilk. Once exposure stops, most of the PERC and its breakdown products leave the body in several days. However, it may take several weeks for all of the PERC and its breakdown products to leave the body.

4. WHAT KINDS OF HEALTH EFFECTS CAN BE CAUSED BY EXPOSURE TO PERC IN AIR?

In humans and animals, the major effects of PERC exposure are on the central nervous system, kidney, liver, and possibly the reproductive system. These effects vary with the level and length of exposure. Figure 1 shows the types of health effects seen in humans and animals and the lowest levels of PERC in air at which the effects were seen. The diagram on the right side of the figure shows the effects of long-term exposures in humans and animals whereas the diagram on the left side shows the same information for short-term exposures. Because there is a

Figure 1. Health Effects from Breathing Tetrachloroethene (PERC). The diagram shows the effects observed in humans and animals exposed to measured levels of PERC in air. The diagram contains information on the effects observed after short-term and long-term exposure. Also shown are background levels in indoor and outdoor air.



*Effects are listed at the lowest level (micrograms per cubic meter of air, mcg/m³) at which they were first observed. They and other effects may also be seen at higher levels. 100 mcg/m³ = 0.1 mg/m³ (milligrams per cubic meter of air) = 15 ppb (parts per billion) = 0.015 ppm (parts per million).

**Studies have shown that workplace exposure to PERC is associated with an increased risk of cancer and spontaneous abortion, but studies did not provide good quantitative data on exposure levels.

large amount of information on the human effects of PERC, the rest of the fact sheet will discuss only the human data.

The human effects shown in Figure 1 represent the average response of a group of individuals at an estimated level of exposure (typically, the average of the measured air levels). Because data for individual people are not usually reported, some people (those sensitive to the effects of PERC) may have experienced effects at air levels below the average air level, whereas other people (those resistant to the effects of PERC) may not have experienced effects at air levels above the average air level. The difference in how people respond to the same or similar exposure levels is due, in part, to the individual differences among people. People, for example, differ in age, sex, diet, family traits, lifestyle, genetic background, the presence of other chemicals in their body (e.g., alcohol, prescription drugs), and state of health. These differences can affect how people will respond to a given exposure. One person may feel fine during and after an exposure while another person may become sick. This is known as sensitivity. Differences in sensitivity should be kept in mind when reading the following information on the human health effects of PERC.

Short-Term Exposure - Studies with volunteers show that exposures of 8-hours or less to 700,000 micrograms per cubic meter of air (mcg/m^3) cause central nervous system symptoms such as dizziness, headache, sleepiness, lightheadedness, and poor balance (Figure 1). Exposures to 350,000 mcg/m^3 for 4 hours affected the nerves of the visual system and reduced scores on certain behavioral tests (which, for example, measure the speed and accuracy of a person's response to something they see on a computer screen). These effects were mild and disappeared soon after exposure ended.

Long-Term Exposure – Numerous studies of dry-cleaning workers indicate that long-term exposure (9 to 20 years, for example) to workplace air levels averaging about 50,000 mcg/m^3 to 80,000 mcg/m^3 reduces scores on behavioral tests and causes biochemical changes in blood and urine (Figure 1). The effects were mild and hard to detect. How long these effects would last if exposure ended is not known.

One study reported reduced scores on behavioral tests in 14 healthy adults living (for 10.6 years, on average) in apartments near dry-cleaning shops. The effects were small; the average test scores of the residents were slightly lower than the average score of unexposed people. The range of measured air levels in 13 apartments was 7.6 mcg/m^3 to 23,000 mcg/m^3 ; one air level was below 100 mcg/m^3 , five values were between 100 and 1,000 mcg/m^3 , and seven values were above 1,000 mcg/m^3 . The average air level in all apartments was 5,000 mcg/m^3 and the median value was about 1,400 mcg/m^3 (that is, half the measured air levels were above 1,400 mcg/m^3 and half were below it). As with the long-term occupational studies, how long these effects would last if exposure ended is not known. Confidence in the understanding of exposure in this study is less than that in the occupational studies.

Some studies show a slightly increased risk of some types of cancer and reproductive effects among workers, including dry-cleaning workers, exposed to PERC and other chemicals. Cancers associated with exposures include cancers of the esophagus, bladder, and non-Hodgkin's

lymphoma. Cancers less clearly associated with exposures include cancers of the cervix, tongue, and lung. The reproductive effects associated with exposure included increased risks of spontaneous abortion, menstrual and sperm disorders, and reduced fertility. The data suggest, but do not prove, that the effects were caused by PERC and not by some other factor or factors.

Data on the workplace air levels in these studies ranged from none (reproductive studies) to some (cancer studies); however, workplace air levels during the times these studies were conducted were considerably higher than those found in indoor or outdoor air (see next question).

5. WHAT ARE BACKGROUND LEVELS FOR PERC IN INDOOR AND OUTDOOR AIR IN AREAS THAT ARE NOT NEAR A KNOWN SOURCE OF PERC?

The United States Environmental Protection Agency (US EPA) has collected and analyzed information on PERC levels in indoor and outdoor air. Table 1 contains the results from air samples collected inside and outside of buildings that were not near known sources of PERC and other chemicals (for example, a home not known to be near a chemical spill, a hazardous waste site, a dry-cleaner, or a factory). The middle half (25th to 75th percentile) of PERC levels in indoor and outdoor air samples is about 1 to 10 mcg/m³. A similar result was found for NYS homes not near known PERC sources. NYSDOH sampled 138 homes between 1989 and 1996 and the level of PERC in the indoor air was below 10 mcg/m³ in 95% of the homes. Collectively, these data show that background levels of PERC in air are seldom above 10 mcg/m³.

Table 1.

Sample	PERC Air Levels (mcg/m ³) ^A			Sample Size
	25 th Percentile	50 th Percentile (Median)	75 th Percentile	
Homes & Offices: Nationwide 1970 – 1988 ^B				
Indoor	1.7	5.0	11	2,195
Outdoor	0.82	2.4	5.9	3,226
Offices: Nationwide 1994 – 1996 ^C				
Indoor	not detected*	3.0	5.9	298
Outdoor		not detected*	3.0	100

^A These databases contain air-testing results from studies where there were no known sources of chemicals or chemical spills. Outdoor samples were taken at the same time as indoor samples and at a location close to the building sampled.

^B The US EPA Volatile Organic Compounds Database was published in March 1988.

^C From 1994 through 1996, US EPA measured volatile organic compounds in indoor and outdoor air at 100 randomly selected public and private office buildings across the US.

* Not detected means that the amount of PERC in the air sample was less than the smallest amount of PERC that could be accurately measured (that is, the level was less than the detection limit); in these studies, the detection limit ranged from 1.4 to 2.0 mcg/m³.

6. WHAT IS THE NEW YORK STATE DEPARTMENT OF HEALTH'S (NYSDOH) GUIDELINE FOR PERC IN AIR?

NYSDOH recommends that the average air level in a residential community not exceed 100 micrograms of PERC per cubic meter of air (100 mcg/m^3), considering continuous lifetime exposure and sensitive people. Three other ways of expressing the guideline are 0.1 milligrams per cubic meter of air (0.1 mg/m^3), 15 parts per billion (ppb) or 0.015 parts per million (ppm).

The purpose of the guideline is to help guide decisions about the nature of efforts to reduce PERC exposure. Reasonable and practical actions should be taken to reduce PERC exposure when indoor air levels are above background, even when they are below the guideline of 100 mcg/m^3 . The urgency to take actions increases as indoor air levels increase, especially when air levels are above the guideline. Finally, NYSDOH recommends taking immediate action to reduce exposure when an air level is ten-times or more higher than the guideline (that is, when the air level is $1,000 \text{ mcg/m}^3$ or higher). In all cases, the specific corrective actions to be taken depend on a case-by-case evaluation of the situation. The goal of the recommended actions is to reduce PERC levels in indoor air to as close to background as practical.

7. SHOULD I BE CONCERNED ABOUT HEALTH EFFECTS IF I AM EXPOSED TO AN AIR LEVEL SLIGHTLY ABOVE THE GUIDELINE?

The guideline is lower than the air levels that caused either non-cancer or cancer effects (Figure 1); thus, the possibility of health effects is low even at air levels slightly above the guideline. In addition, the guideline is based on the assumption that people are continuously exposed to PERC in air all day, every day for as long as a lifetime. This is rarely true for most people, who are more likely to be exposed for a part of the day and part of their lifetime.

8. WHEN SHOULD MY CHILDREN OR I SEE A PHYSICIAN?

If you believe you or your children have symptoms that you think are caused by PERC exposure, you and your children should see a physician. You should tell the physician about the symptoms and about when, how, and for how long you think you and/or your children were exposed to PERC.

9. WHERE CAN I GET MORE INFORMATION?

If you have any questions about the information in this fact sheet or would like to know more about PERC, please call the New York State Department of Health at 1-518-402-7800 or 1-800-458-1158 (extension 2-7800) or write to the following address.

New York State Department of Health
Bureau of Toxic Substance Assessment
Flanigan Square, 547 River Street
Troy, NY 12180-2216